TREE TRUNK LEGS

WORKOUTS

Tree Trunk Legs

OVERVIEW | COMMENTS



Russel Orhii
Powerlifter & bodybuilder

LENGTH
4 weeks







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2 **Barbell Squat** — 4

10-8-6-4 reps

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3 **DB Split Squats** — 3

8-8-8 reps

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4 **Goblet Squats** — 4

8-8-8-8 reps

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5 **Calf Raises** — 3

15-15-15 reps

Swipe to complete